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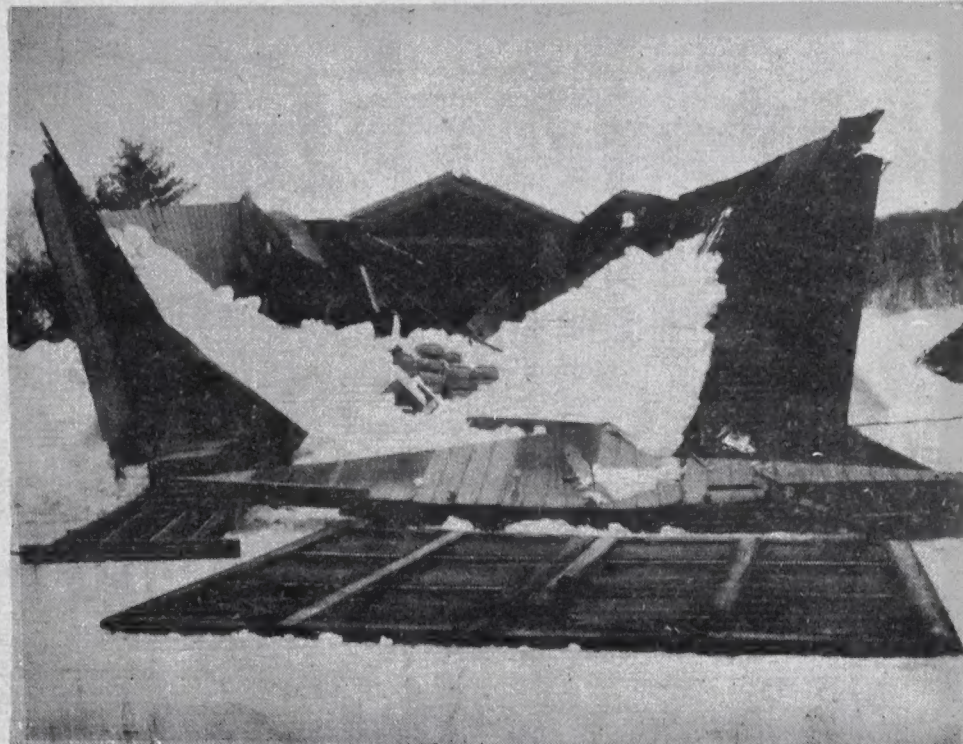
Vol. 3, Number 5

R.R. 2, MINDEN, ONTARIO K0M 2K0 TELEPHONE: 489-2036

Wednesday, January 31, 1979



MINDEN — A snow storm dumped more than a foot of wet snow on Haliburton County late last week resulting in trees like this knocking out hydro and phone lines.



Hydro works day and night to restore service in area

The Ontario Hydro office in Minden has been extremely busy since last Wednesday, when more than a foot of wet snow fell across the county. Damage has yet to be determined, but 96 men, 50 of these from as far away as Owen Sound, have been working night and day since, to restore power to county residents. As of Monday morning there were still some 200 residents scattered throughout the area without hydro. However, hydro spokesman, Buzz Godin informed The Express that these people would probably have their hydro back on before nightfall.

Besides Owen Sound, hydro linesmen and forestry crews have come to Haliburton's aid from Stayner, Bracebridge, Alliston, Penetang, Barrie, Orangeville and Orillia. Also on hand to fly the hydro lines and report downed lines was a helicopter crew from Toronto.

Cal Wilson, area manager for Minden wishes to thank all the area business people who went out of their way to offer help to hydro employees during this period.

Mr. Wilson told The Express, "we have only four poles down, but the men have taken some 1500 trees like the one shown above, off lines and reports say there are at least another 1000 to remove." Hopefully everything will be back to normal by tonight he added.

Deer population here facing critical snow conditions

Thus far the New Year has not been a happy one for deer. When more than 20 inches of snow have accumulated on the ground their movement through hardwood feeding areas becomes very difficult. Depths of that magnitude have existed in the western part of Algonquin Region from early January. Since then, snow has continued to build up right across the area from Georgian Bay to the Ottawa River. Now virtually every recording station shows well in excess of 30 inches.

Freezing rain has added to the problem. In many areas twigs are covered with a coating of ice, rendering them inedible or of negative energy value if consumed.

Youth's body found on Donald Rd., Fenelon man charged

DONALD — The body of John Cornell, 15 of 474 Colborne St., Fenelon Falls was found some 20 feet east of the roadway on Old Donald Road early Friday afternoon.

Beaverton OPP received information from a man who walked into their detachment and told them about the homicide. Upon receiving the information, officers of the Minden OPP detachment proceeded to a point on the sideroad where they discovered the body.

Charged with first degree murder by police, is Stephen Vincent Miller 24, of 42 Kennedy Rd., in Fenelon Falls. Miller appeared before Justice of the Peace, S. D. Elliot, on Saturday, and was remanded in custody to the County Jail in Lindsay. Miller was scheduled to appear in Provincial Judges Court in Lindsay on Monday morning.

Cause of death, as determined by an autopsy performed on the body at Peterborough's Civic Hospital by Pathologist Dr. W. A. Dawkins, showed evidence of asphyxia and evidence of strangulation.

Investigating officers are Detective-Inspector Tom Hill of the Criminal Investigation Branch in Toronto and Provincial Constable Mike Maher of the Minden detachment.

Under such conditions deer find it virtually impossible to keep feeding trails open or to make new ones. Smaller deer are the first affected and lose energy reserves quickly. Pregnant does are the next to feel the strain. The net result is a poor survival of last year's fawns and a decline in birthrate next spring. As conditions continue, a loss of adult deer ensues.

To alleviate conditions as much as possible Ministry of Natural Resources staff are doing their best to make trails to and throughout feeding areas with snow vehicles and larger machinery. Browse species are being cut near yarding areas to bring food within reach of hungry animals. Supplementary feeding is also being undertaken.

Comparing present snow depths with those of several previous winters in which deer have suffered extreme hardship, it can be said without reservation

RECORD SNOWFALLS have been recorded across Haliburton County recently and scenes as the old Township of Stanhope garage located on the North Shore Road are becoming common to residents. The garage was used for storage when the roof collapsed under wet snow last week

Got a dump truck on your roof?

Believe it or not you may have a loaded tandem dump truck on your home or cottage roof!

According to the Ministry of Natural Resources, current snow depths for January exceed all ministry records dating back for the past 25 years. With over ten weeks of winter weather ahead of us, the ministry advises cottagers to either shovel their roofs themselves, or arrange to have a contractor do it.

One ministry spokesman calculated the weight on his own roof at over 18 tons. The way to find out is to calculate your roof area (e.g. 50x30=1500 sq. ft.) and multiply it by the snow depth (his was 30 inches) to get the volume of snow (his was 3,750 cubic feet). Weigh one cubic foot (one block of snow 12"x12"x12") and if it weighs 10 pounds as his did the resultant weight on your roof would be 37,500 pounds, or 18¾ tons!

Thursday snow readings taken by Natural Resources personnel following an assortment of rain, sleet and wet snow during the preceding 24 hours showed snow depths ranging from a low of 34 inches at Minden to a high of 37 inches at Parry Sound.

Muskoka, Bancroft, Pembroke and Algonquin Park each reported 36 inches. To make matters worse, the increased water content in the snow now renders it heavier than before per cubic foot.

Ministry officials also report that lake ice is totally unreliable owing to the insulating effect of the deep snows covering them. With several fatalities associated with ice travel already this winter, extreme caution should be observed with any ice travel officials say.

that, for this time of year, we are far past the worst conditions noted since our recording stations began operations in 1953.

In their efforts to aid deer the Ministry is receiving the voluntary assistance of many individual sportsmen and their clubs. Individuals and groups willing to assist in such ways as trail breaking, are asked to contact their local district Office or Conservation Officer. The Ministry will be glad to accept your help and so will the deer.

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Be sure to put your name or telephone number in your ad also. Maximum words, 15.

\$7300 damage in 5 collisions

MINDEN — Early Wednesday evening a car-dump truck collision resulted in \$1350 in damages.

Donald W. Little 60, of Haliburton was north-bound plowing snow across Hwy. 121 when Rebecca Davidson 18, also of Haliburton collided with the snow plow while driving westbound on 121. Damage to the car has been set at \$1200 while the truck received \$150. No charges have been laid. PC Potter. **SIR SAM'S RD. SCENE OF COLLISION**

EAGLE LAKE — Saturday afternoon at 2:30 pm a 1977 Jeep and a 1978 car collided on a curve causing damages of \$1200.

David E. Jubb 35, of Willowdale was eastbound when he collided with a car driven by Jeffrey Stanley 17, of Toronto. PC Potter.

TWO COLLIDE PASSING PARKED TRUCK

MINDEN — Charges are pending as the result of a two-car collision on the North Shore Road north of Carnarvon on Sunday morning.

Brian Barnhart 19, of RR 2, Minden was north-bound and Brian Spencer 32, of Ajax was south-bound when they collided while attempting to pass an unattended parked truck. The parked truck is the property of Stanley Ashman of Haliburton.

Police have estimated the total damage at \$2500 PC Smith.

Stolen snowmobile recovered

DORSET — Between Jan. 6-19th, Harry Dodd of Hamilton had his snowmobile stolen from Hollow Valley Lodge. The machine had been parked on a trail beside the lodge and when he returned on the 19th it was gone.

OPP report this week that they have recovered the snowmobile from an area west of Dorset along Hwy. 117. Charged with theft over \$200 is James Dean McGuire 20, of Dorset. McGuire will appear in court on March 19, 1979. PC Al Bibby.

THIEF TAKES ENGINE, LEAVES MACHINE

BOB LAKE — John F. Fortune of Toronto had parked his 1974 Ski-doo at his cottage on Bob Lake January 14th. When he returned on Saturday, he found that the 400cc Rotax engine had been stolen from it. PC Mike Legge is investigating.

74 DATSUN STOLEN

WILBERFORCE — Sometime after midnight on Friday a 1974 Datsun valued at \$1500 was stolen from Fottit's Garage here. The vehicle was located in the ditch near Highland Grove by Apsley OPP later that morning. No charges have been laid to date but investigation continues. PC Barry Connelly.

BREAK & ENTER ON ROSS LAKE

ROSS LAKE — The cottage of Zuonko Idzopich of Etobicoke located on Ross Lake was broken into last November.

Mr. Idzopich had some \$510 worth of property stolen by thieves who gained entry through a door. Stolen were sporting equipment, outboard motor, tool box, chainsaw and kitchen utensils and some liquor. PC Al Barnes.

Pair charged with possession of a restricted weapon

MINDEN — At 10:30 pm on Saturday evening, OPP were investigating a liquor violation when a restricted weapon was seized. While checking out a van, Police found a 45 calibre Smith and Wesson revolver and shells.

Charged with possession are James Russell Brown 25, of Pickering and Paul James McQueen of no fixed address. Brown was released from custody to

GOOD NEWS

by Reverend David Barker

TAKE MY NECK OUT

When a group of Bible translators went to a certain part of Africa some years ago, they had particular difficulty translating one phrase of the Bible into that dialect. They could find no word in that tongue for the word 'redemption.' They continued on with their task, but finally had to find some word or their work could not go on, for the word 'redemption' is so important a word in the Bible.

In searching the history of the tribe they came upon a phrase that would do justice to the concept. In the days when Europeans came to Africa to capture men and women to take them as slaves to the Americas, wealthy chieftains could sometimes make deals with the slave traders. For a sum of money they could buy back a slave and free him to his home. When the money was delivered the metal collar around the man's neck would be removed and the man was free. Then he could thank the chieftain who was able to 'take my neck out!'

When the translators struck that piece of information they rejoiced because here was a phrase that carried so much of the meaning of the biblical word 'redemption.' To the Christian the slavery of sin is to be dreaded, not only for the unhappy effects of the present, but for the prospects for the future. To have our necks taken out, to be released when there is no hope of escape, to be redeemed, is to leave the doom of slavery behind. The cost of redeeming a man in slavery was a few pieces of gold the price that Jesus paid when he redeemed mankind was his own life. Our joy in redemption, like that of the man whose neck is taken out, knows no bounds

2 snowmobilers suffer injuries as machines hit flatbed trailer

DORSET — In the early hours of Saturday, Jan. 27., two snowmobiles collided with a parked trailer causing serious injuries to both drivers.

Donald Brainard 20, of Hespeler is in Huntsville hospital suffering from injuries when the machine he was driving collided with a flatbed trailer that was parked on the side of Cty. Rd. 12. Also in Huntsville with injuries is Mr. Brainard's father, Henry 55.

Charged with being parked interfering with traffic is Peter Long of Streetsville. The trailer is the property of Reginald Galway of RR 2, Hornby. Damage to the two snowmachines has been set at \$1500.

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appear in court, McQueen was held in court for a bail hearing on Monday. The weapon had been borrowed from its owner in Bracebridge.

sir sandford fleming college



WOMEN & INCOME TAX WORKSHOP

Would you like to know more about how a family or a single woman can make tax savings? Maybe this is the year to learn. It's your money.

TOPICS INCLUDE: Registered Retirement Savings Plans; Registered Home Ownership Plans; Annuities Taxable and Non-Taxable Income; Allowable Tax Deductions; Ontario Tax Credits; Work through a sample tax return.

INSTRUCTOR: Mr. David Suckling, Certified Administrative Manager. Mr. Suckling, former executive officer for the Treasurer of Ontario, currently freelances in accounting from his home in Cobocok.

FEE: \$9.00 including all materials.

TIME: 9:30-12:30, 1:30-3:30, Saturday, Feb. 17, 1979

LOCATION: Lakeview Centre, Haliburton. For further information or to register, telephone Sir Sandford Fleming College 457-1680 or mail registration to Sir Sandford Fleming, Box 339, Haliburton, Ontario K0M 1S0.

THERE IS ALSO TIME TO REGISTER FOR THE FOLLOWING COURSES:

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Minden, Wednesday evenings, 6 weeks.

Assertiveness Training for Women:

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Personal Development for Women:

Minden, Monday afternoons, 6 weeks.

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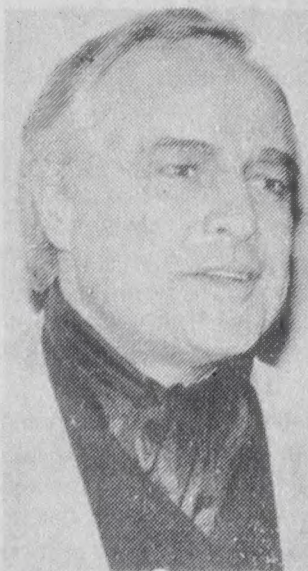
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Thursday 10 — 6

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Saturday 10 — 6

286-2380

In the News

SUPERDADDY Marlon Brando is suing for super millions in connection with his role in the movie "Superman."

Beer is probably the oldest alcoholic drink. It was brewed by the Babylonians and Egyptians more than 6,000 years ago.

**Minnie Ackerblade 90 on Sunday**

MINDEN — Sunday was a very special day for Mrs. Minnie Ackerblade as her family and dozens of friends got together at her home to celebrate her 90th birthday. Mrs. Ackerblade was born in 1889 in the small farming town of River Falls, Minnesota. She and her husband Swan, moved from Minnesota to Nanaimo, BC where he worked in a sawmill until the fall of the stock market. They then moved to Ontario where Mrs. Ackerblade has been a resident of the county for 56 years. She now resides at the home of Lillian Hogg on Newcastle Street.



MINDEN — For the 3rd straight year the above crew of left to right, Pete Anderson, Arthur Nye, Brian Anderson, Norm Gemmell, Doug Kernohan and Rick Sullivan

have won the winter carnival Tug-of-War title. With approximately 1500 pounds drawing for them, they had very little trouble defending their championship.

Ask Alma

Dear Alma:

I would like a copy of the letter "Gussie" sent you saying, "My son just celebrated his 50th birthday. How come I am 39?" (You told her that it was because she had a sense of humor and you hoped that Sonny would grow one, too, in a few years.)

I want to know who signed my name to such a letter. I did not send it in and I intend to prosecute.

I do have quite a sense of humor but I don't like people taking advantage of it. After all, fun is fun, but it shouldn't go this far. — Respectfully, C.A.F. (Gussie), Pennsylvania

Dear Gussie in Pa.:
I hope you haven't paid your lawyer a retainer yet.

The lady who sent in the question you refer to is a Gussie H., and a resident of Florida. Both she (aged 39) and her son Burton (aged 50) had a good laugh over my answer and wrote to tell me that she has a new line when someone complains about feeling old. She tells them it's only a youth deficiency. Don't you love it?

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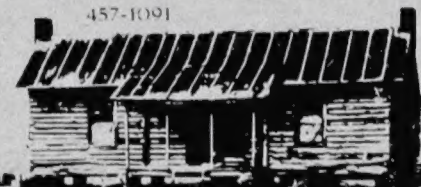
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FOR AREA
TRADESMEN



Here a happy, but very tired Novice team are shown after they have just won the first annual Minden Winter Carnival Novice tournament, downing a very strong

Sunderland team 4-3 in double overtime. Scott Nesbitt was the leading scorer for Minden with 10 goals.

Scott Nesbitt hero in Minden

Novice tournament win

MINDEN — The first annual Minden Winter Carnival Novice hockey tournament was won by Minden on Saturday afternoon on a goal by Scott Nesbitt, with just nine seconds left in the second sudden-death overtime period. Fenelon Falls captured the Porter trophy as consolation champions, downing Haliburton's No. 2 squad, 6-0.

The final game was a real crowd pleaser and befitted a championship climax. Jeff Warburton broke away from the Sunderland defence midway through the first period to give Minden a 1-0 lead. However, this didn't stand up for long as one of the top Novice players, Robbie Marshall of Sunderland, capped a twisting turning effort from centre ice to score the equalizer early in the second. A few minutes later he duplicated his first goal with another to put Sunderland ahead 2-1. Then it was Scott Nesbitt tying the game, when he let fly with a fine wrist shot from 15 feet out that went through the goalie's legs. Tom Rie put Sunderland ahead again just a few minutes later but Nesbitt wasn't through yet. With 2:59 left in the third period, he slammed a Warburton rebound behind the fallen Sunderland netminder, and the game was into overtime.

This sudden death period could be settled in two ways, if either team scored or the most shots on the opposing net from inside the blueline. After five minutes, there were no goals and no shots for either team so they changed ends. This time Sunderland came out strong and before the period was half over they had three shots on Minden. However, with just nine seconds left Nesbitt pokechecked Marshall in front of the net and flipped the puck over a sprawling goalie to give Minden the win, 4-3.

Congratulations Minden on a super effort at the community centre. Your efforts were just one of the reasons this carnival was a fine success.

POST GAME HIGHLIGHTS — The following is a run-down on how the tournament went from the first game to the finals and the All Star team as picked by Cliff Burke, sports editor of the Express. Game 1 Minden 15, Haliburton 0; Game 2, Millbrook 8, Haliburton 1; Game 3, Sunderland 1, Fenelon Falls 0; Game 4 Minden 4, Woodville 4; Game 5 Minden Mites 5, Haliburton Mites 0; Game 6, Haliburton No. 2, 1, Haliburton No. 1; Game 7, Fenelon Falls 2, Woodville 2; Game 8 Sunderland 2, Millbrook 0; Consolation Final, Fenelon 6, Haliburton No. 2, 0. Championship game, Minden 4, Sunderland 3.

The tournament's first All Star team, Darryl Walker (goal) Minden, defence, Scott Nesbitt, Minden and Gordie Bonner, Millbrook, Forwards, Robbie Marshall, Sunderland, Steven Black, Woodville and Jeff Warburton, Minden.

Snippets

Straight-stitch sewing machines commonly used in the home have undergone little change in basic engineering since the early 20th century.

OUR WEEKLY BREAD



Our weekly bread

Silence when practised for God is a virtue. If you develop a love for silence you will learn a greater wisdom, a better outlook on day to day living and a brighter vision of God's nearness and love. When talking with other people listen more and talk less and by doing this you will learn more and make fewer mistakes. If we all practice the above we shall be respected by all. Let God's wisdom take the place of our human folly. —PM

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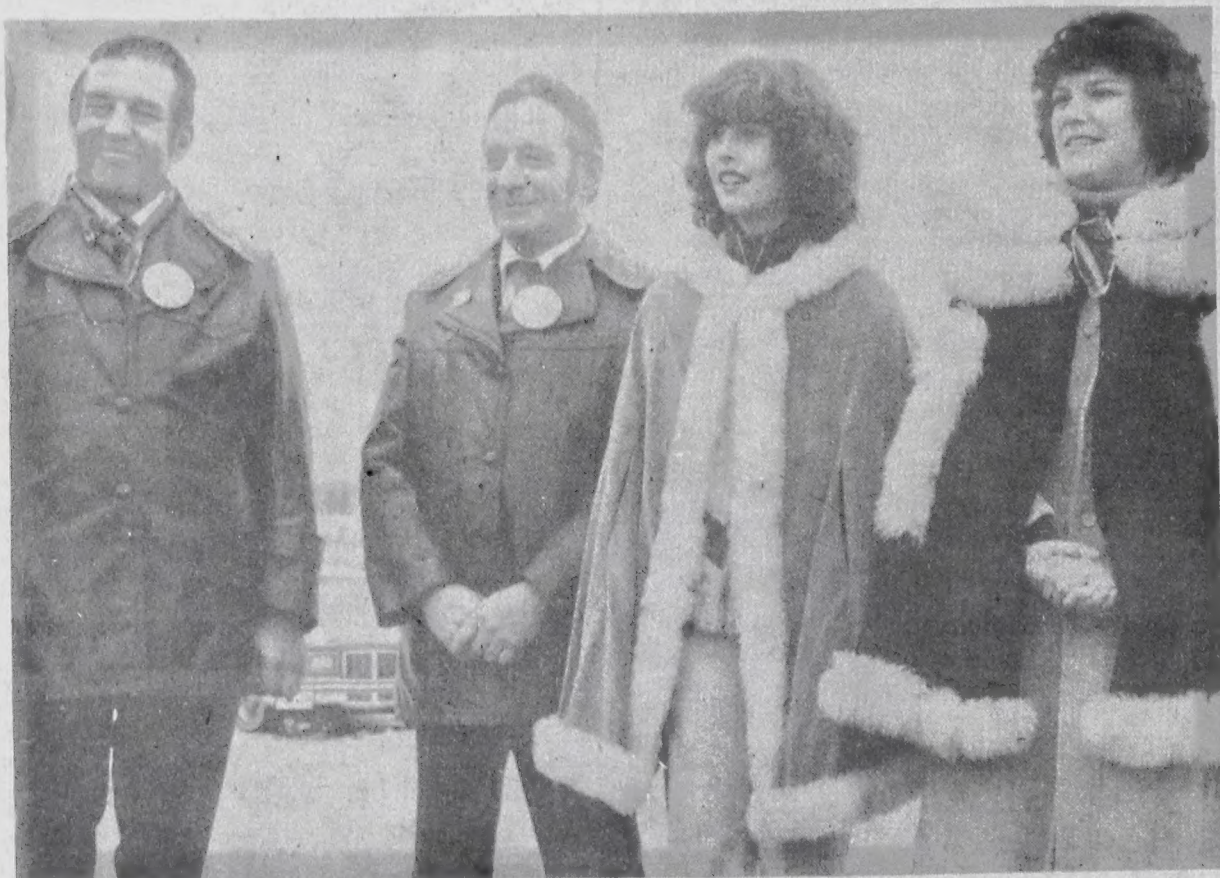
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MINDEN KINSMEN WINTER CARNIVAL '79



Christine Kinsman, Debbie Ingram, '79 Carnival Queens

On Friday night before some 300 screaming, whistling, carnival goers, the Kinsmen winter carnival Queens were crowned. There were 27 beautiful young ladies in this year's pageant and Christine Kinsman 15, was chosen the Senior Queen. Runner-up was 18 yr. old Marie Madill, top photo. In the lower photo we have Junior Queen Debbie Ingram 13, and runner-up Dawn Elliott 12. Beside Debbie is Kinsmen Carnival MC Bill Payne.



Winter Carnival Parade best ever, 100's line street

MINDEN — This year's winter carnival parade was one of the finest in recent years. Hundreds lined the sidewalks as floats, bands and even Sesame Street characters paraded. Top pic, the Canadian Knights Drum Corp of Peter-

boro, (middle) Carnival Queens, Christine Kinsman, Debbie Ingram, Reeve Sinc Nesbitt and MP Bill Scott. (Lower pic the Kin Express of Bracebridge.



Henry Skidoo drag winner

MINDEN—The track was fast and the competition keen as shown above as John Henry from Crazy Korners in Fenelon Falls blasts off the starting line, to win the Open Modified drag race on his GBX 433 Yamaha. The man he beat at the finish line was Brent Coltman of Minden driving a 500 Polaris. Other winners of the day went to Rick Lichty, M. Taylor, Jim Coltman, John Henry, Greg Shaw and Charlie Herd.



Port Perry Carnival Broomball Champs

MINDEN — After defending their winter carnival Broomball championship for four years, Alton Movers finally met their match on Sunday afternoon in the final game of this year's tournament. The team of C&B Livestock boys were entered and they were extremely proficient in the art of scoring as well as defending. They had little trouble with the Movers, winning 2-0. The Consolation final was won by Otonabee, who defeated a surprisingly strong Minden Horseshoe Laker team 1-0 in double overtime.



Ice sculptors galore at carnival

Snow and Ice Sculptors were in great abundance at this year's winter carnival. Above, Campbell's Garden Centre spent many hours building these two snowmen and lady.

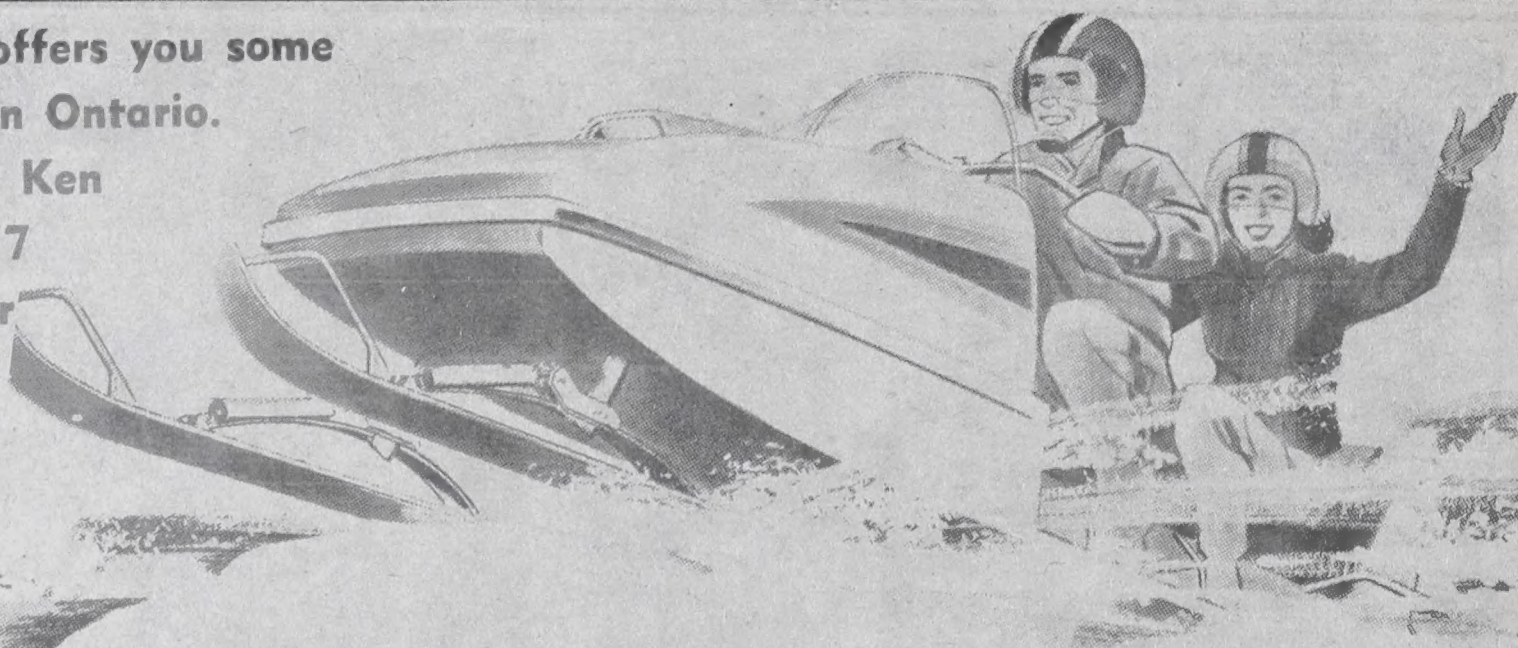


Bill Scott wins Carnival Bonspiel

MINDEN — Once again competition in the Winter Carnival Bonspiel was extremely keen. For the second year in a row the rink of Bill Scott (top photo) Joan Scott, Bob Forsythe and Lynda Forsythe of Uxbridge captured the Robert Case Realty trophy, emblematic of Carnival Bonspiel champions. The Presidents Trophy was won by Minden's fine rink (middle pic) of Ron Reid, Toos Reid, Alec Millar and Bev Millar. The Consolation final was won by the Bob Austin rink (lower pic) with Dale Austin and Garth and Catherine Kellett.



Haliburton County offers you some of the finest trails in Ontario. For information call Ken Fielding at 286-1777 or visit the Chamber of Commerce office in Minden on Highway 35.



Trials are groomed regularly by the Haliburton County Snowmobile Association

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Minden's first CPR course a huge success, 15 graduate

MINDEN — Dr. Jeffrey Lodenquai who completed the basic Cardio-Pulmonary Resuscitation course and the instructor course in December of last year, held his first clinic here last week, with all 15 persons graduating.

As this was Dr. Lodenquai's first attempt at conducting a course, the Ontario Heart Foundation sent a scrutiner, Mr. Gordon Elliott of Orillia, to oversee the proceedings. At the conclusion of the two-day clinic, Mr. Elliott had nothing but praise for the doctor on how the course was conducted and was extremely impressed that he would take time out of his busy schedule to put on these courses.

Cardio-Pulmonary Resuscitation or CPR is an emergency first aid procedure in which the victims life is sustained by a combination of mouth-to-mouth resuscitation and the application of rhythmic manual pressure over the chest wall to help circulation. Most of the 15 people who attended were nurses, however, the course is primarily for the lay or non-medical person stated the doctor.

"I cannot emphasize this enough, said Dr. Lodenquai, although medical personnel take the course, it was designed for the non-medical person." He went on to say that unfortunately heart attack victims don't very often take their attacks in a hospital or a doctor's office. They have them in their homes or out in the bush and this is where the lay or non-medical persons who has taken the course could possibly save a life.

Dr. Lodenquai told The Express that the courses for Feb. March and April are booked however there are still openings in the May course. After the sum-



mer, courses will commence in September. Anyone wishing to sign up are asked to call the doctor's office at 286-2001. Cost is \$20.

The following people have successfully completed the first CPR course: Corine Fleming, Jean Anderson, Marg Fielding, Nancy Pettit, Merle Reid, Irene Moxan, Gladys Walker, Dianne Austen, Davis Austen, Bruna Foran, Irene Alexander, John Hogg, Robert Luke, John Hulbig and Uriel Moxan.

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Min. Peewees capture Alcide Carpentier Memorial Trophy

HALIBURTON — Perhaps the finest Peewee team ever to play hockey in Minden came through with an almost unheard of performance at the Alcide Carpentier Memorial Peewee hockey tournament in Haliburton on the weekend. They won the Grand Championship over teams from Amherst, N.Y., Willowdale, Cooksville, Hillcrest and Grand Ravine.

It started Saturday afternoon when Minden took to the ice in Haliburton against Cooksville and came away winners 3-2. Goal scorers for Minden — Doug Schell, Kevin Warburton and Jeff Stamp.

Our lads took to the ice again at 8 pm, this time to face Finchurst. At the end of regulation time the score was 0-0 and after ten minutes of overtime it was still 0-0. The two teams then picked their best shooters and Minden Kevin Warburton scored the victory 1-0.

Minden then tangled with archrival Haliburton in the semi-finals. Haliburton had got to the semi-finals by defeating Oak Ridges in their first game and Willowdale 4-1 in the quarter finals. Minden downed them 3-1 on goals by Warburton, Jeff Howe and Robbie McLeod.

This put Minden in the Grand Championship game against Hillcrest, who had made the final by dumping Royal York in their opening game, then Huntsville in the quarter finals and then edged a very strong Amherst, N.Y. team 2-1 in overtime. This was to be another very hard fought game like the quarter finals against Finchurst.

Robbie McLeod gave Minden a 1-0 lead in the game but Hillcrest came back with a goal of their own to send the game into overtime. Once again the overtime proved fruitless and the teams had to go to a shoot out to decide a champion. It appeared that Minden wanted the championship badly because the three players that coach Gary Warburton picked to participate in the shoot out all scored while Hillcrest could only score twice on Scotty Danilko.

The Consolation Championship was won by Stouffville over Oak Ridges 8-4 and the tournaments Most Sportsmanlike Team also went to Stouffville.

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TEEN ADVICE FROM

The Tarlan Twins

Dear Tarlan Twins:

We have a problem and hope you can help. We both like the same guy and he likes both of us. We're best friends and if one of us makes a move and gets him we're afraid that the other will get offended and we won't be best friends anymore. We just don't know what to do. Please help us. Frustrated.

Dear Frustrated:

We suggest that you give this guy a week to think about who he likes better and let him make his move

first. If he does pick one of you try not to get mad at each other, after all it was his move. If he does not make his move within this time we suggest you both drop him and look for a new guy, for your sake don't pick the same guy again.

Dear Tarlan Twins:

I am 15 years old, and everyday in my school I see cruelty. I don't understand why people (kids) get their kicks out of making fun, tormenting, or running someone down just because they're different than others. They don't ever stop to think they're hurting that person inside. The people I feel sorriest

for are the ones who are inflicting the pain. They must have a low opinion of themselves to treat others that way. Do you agree? What reasons.

Dear What Reasons — we couldn't have said it better. We just wish every person who gets teased and taunted for being a little different could see that it's the teasers' low opinion of themselves and desperate need to appear "cool" and tough that make behave like jerks.

Got a problem? Write to The Tarlan Twins, c/o The Highlands Express, RR 2, Minden, Ontario K0M 2K0.

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Thinking Slim

BY JEAN NIDETCH

It's a wonder the Pyramids ever got built. And I'm not even referring to the mindboggling logistics of moving all that stone onward — and upward!

According to historians, the slaves who sweated and toiled over those wonders of stone did so on a diet of radishes, leeks and onions. And that's hardly a well-balanced, nutritious diet for anyone, let alone those involved in such heavy manual labor.

But, then, in those days, who knew about nutrition? In Egypt, where Alexander the Great discovered onions which he brought back to Greece, the vegetable was adored — but not just because of its taste.

The ancient Egyptians believed that gods lived within them, so during religious ceremonies, they carved onions on bas

reliefs. And the dead never journeyed into the next world without several baskets of onions.

Not that, but anyone who swore such and such in front of the local magistrate, had to do so not on a Bible, but on the head of an onion!

In the old cities of Sumner, shoppers elbowed each other aside to buy cooked onions in the market stalls. And in Ur, citizens were expected to donate "a gallon of bread and some onions" to the needy once a month. (All of it eaten raw!)

Throughout history, then, the onion has placed if not first, at least among the most foremost of enhancing vegetables. Is it any wonder, when you consider what they add to stews, soups, salads (the simple duo of tomatoes and sliced red onion is unbeatable for eye and palate appeal, for one), not to mention fishes and meats of all kinds?

That kind of variety is enough to satisfy the most demanding dieter and prevent the disaster monotonous menus lead to: falling off the weight control wagon!

Of course, we do pay a price for overindulgence in this versatile food: a stubborn, unpleasant after-breath!

But there's a solution for everything. Mouthwash in the 20th century, and the worse of two evils in the 17th century.

According to "The Philosopher's Banquet," a popular book in those days, "If you of onions would the scent expell, eat garlic that shall drown the onion's smell!"

Are you concerned about being overweight? Send a long self-addressed, stamped envelope to **OVERWEIGHT AND YOUR HEALTH ... The Vital Connection**, Jean Nidetch, c/o this newspaper. The word Overweight must appear on your envelope.



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12x12 SHAG RUG, mottle brown, used three months. New condition, plus underlay, \$125. Call 489-2003. (50)

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SNOWMOBILE: 440 Merc, 1974, fan cooled, A1 condition with cover. 457-1297. (5)

30" model FRANKLIN fireplace, complete with screen and grate, like new, phone 754-2508 between 5 and 6 pm. (5)

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1970 VOLKSWAGON Westphalia Campmobile, folding roof, fully equipped in good condition, original owner—call 457-1117. (5)

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TWO BEDROOM HOUSE, Newcastle St., Village of Minden. Town water, etc., available immediately. Call 286-1057. (4-4c)

1 BEDROOM APARTMENT for rent, carpet throughout, Carnarvon area, electrical heat, frig and stove. Available Feb. 1st, \$150/month, plus hydro. Call 489-2867. (4p)

Clean 2 or 3 bedroom home or apartment. Call Ministry of Natural Resources, 286-1521. (50c)

2 door REFRIGERATOR & 30" electric range. Good condition, about 10 years old. 489-2163. (5)



Samantha READS YOUR STARS

If you were born this week: You are excellent with words and can be a very effective speaker. Your mind is both inquisitive and logical and you enjoy many varied intellectual pursuits. You sometimes hesitate to establish intimate relationships and may be thought to be rather fickle.

ARIES (3-21/4-19): Week starts off rather slowly. Aries, so take a breather and catch up on your rest. Then, see if you can speak your piece without climbing on a soapbox. If you can't — oh well, soapboxes are kind of fun once in a while! Latter days are iffy, behave yourself and stay out of trouble.

TAURUS (4-20/5-20): You may need to retreat and regroup this week. Taurus. Consolidate your troops and plan your strategy. Helpful aides stand by with words of wisdom. Capitalize on hidden assets and act with confidence before last day.

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Sealed Tenders plainly marked as to contents will be received by the undersigned until 5:00 p.m. on February 12, 1979 for the purpose of a used 3M "107" Office Copier (with Fan).

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In astronomy, Bailey's beads are a number of bright points of light which can be seen for a few seconds at the instant when

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Of course we'll hear your jokes, but we won't guarantee to LISTEN to them.

LEO (7-23/8-22): You are an expert at organizing and getting the best out of people. Use these skills this week and be constructively busy. By the way, listen well. You don't want to be like the alligator — all mouth and no ears, Leo! Before week is out, newcomer tugs your chain.

VIRGO (8-23/9-22): Associate's grandiose scheme needs to be tailored to scale, Virgo, and you're just the one to do it. Be aggressive and be noisy, too, if you have to. Often, you know, it's the squeaky wheel that gets greased first. Week buzzes to

a finale that's both smug and snug. LIBRA (9-23/10-23): Make specific plans and contacts to further your current projects, Libby. You may stray midweek when that familiar romantic magic has you under its spell; but later, it's back to business with your goal in sight.

SCORPIO (10-24/11-22): Cupid gets your week off to a zingy start, Scorp, with an aim that's both bold and true. Then, if you've been like a prudent little squirrel, you still have a storehouse of nuts left and this week you might want to dig out one or two.

MOONCHILD (6-21/7-22): Cooperation with others is essential in week ahead, Moonbaby. Now remember, it is possible to have a good, impersonal working relationship with someone. You don't have to really get it on with everybody. Inspiration plays a key role in the days' activities, too.

GEMINI (5-21/6-20): Don't dwell on past performances, Gem. The time is now, and new areas are just waiting to be explored. So what are you waiting for? Make room on your agenda for getting together with friends, too. Finally, the sparks fly.



Good samaritan lends a push

MINDEN — The darn old bike just kept spinning and going nowhere, so Derek Allison, being a good samaritan came to Todd Graham's aid and pushed him across the finish line at the carnival on the weekend.

A Penny's Worth of CARNARVON NEWS

There certainly was no shortage of cameras around the Minden winter carnival this past weekend. All of our own newspaper people, as well as CHEX news from Peterboro and apparently a CBC crew were filming a documentary.

Congratulations to the carnival queens and princesses. Jr. queen was Debbie Ingram with Dawn Elliott as her princess and Sr. queen Christine Kinsman with her princess Marie Madill. I also watched hte figure skating demonstration on Friday night and could see that the girls have progressed nicely since I saw them last year. There was quite a good parade and seemed to be a good crowd around the arena area.

After the opening ceremonies, I came back to help out at our carnival dinner here in Carnarvon. We had a good turn-out and the many sore feet were considered worth it to see the dinner a success.

Best wishes to Percy Brintnell, Florence Harrison and Jim Purves who are in Toronto hospitals.

This weekend is Whipper Watson's Snowarama Sunday, Feb. 4th. If you are not riding a machine support crippled children by a pledge to a friend who is participating.

Keep in mind the special film entitled "A Walk In Another Pair of Shoes" to be shown at the Carnarvon UCW meeting next Wednesday at 1 pm. This film concerns children with learning disabilities and since this is the year of the child it seems appropriate. Any interested person is invited to attend.

Days close in no uncertain terms.

SAGITTARIUS (11-23/12-21):

Your week ahead requires a fine balance of instinct and positive action, Sag. Timing is important. Let your intuition guide you. Later, you enjoy romance that's both flirty and saucy. Week shimmies by.

CAPRICORN (12-22/1-19): A

message about a matter close to your heart could clear up a puzzle, Cappy. Then, tell a certain person that you're sorry; you'll both feel better. Latter days bring hugs and kisses and all sorts of heartwarming goodies.

Yippee! AQUARIUS (1-20/2-19):

You are eminently capable of fulfilling a request that is made of you, Aquari, although the idea of doing it doesn't really thrill you. Go ahead and do it, baby, just think of the brownie points you're making!

PISCES (2-20/3-20): You have

a personal decision to make, Pisces, and for better or worse, there are outside influences involved. Later, tend to financial affairs — right down to the last penny. Week ends with news and a surprise.

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cut backs attached
chicken breasts

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E.D. Smith apple or **raisin pie filling** 19 fl. oz. tin **.89**
Monarch 9 oz. pkg. **sponge pudding mixes** **.49**
Kraft **peanut butter** 500 gram jar **1.19**
Quaker **life cereal** 15 oz. pkg. **.89**
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Hunts Italian **tomato sauce** 14 fl. oz. tin **.47**
Sunsun 1 lb. pkg. **parchment margarine** **.59**
Canada choice 19 fl. oz. tin **Sunsun tomatoes** **.54**
Dr. Ballards specialty **dog food** 14 1/2 oz. tin **.39**

liquid **Betterbuy bleach** 64 fl. oz. cont. **.63**
beltless Stayfree **maxi pads** pkg. of 10 **1.09**
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bottle of 100 **Bayer aspirin** **1.29**
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orange pekoe **Salada tea bags** pkg. of 120 **3.29**

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